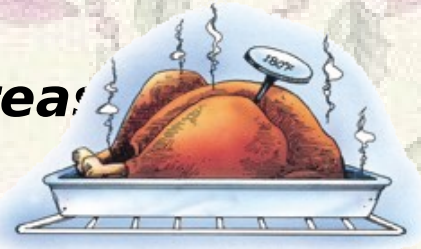


The background of the slide is a repeating pattern of pink poinsettia flowers with green leaves on a light cream-colored background. The flowers are stylized with multiple layers of petals and are scattered across the entire area.

Holiday Cooking Safety

Food Preparation

- ***Keep all cookware, utensils, preparation areas and your hands clean.***
- ***Refrigerate foods that require cold storage.***
- ***If food needs to be chilled during serving, place the dish on a bed of ice.***
- ***Keep foods that need to stay warm on a hot plate in an oven at a temperature no lower than 110° F.***
- ***Use a thermometer when cooking meats to be sure inner sections reach the right temperature***
- ***Leftovers shouldn't be left out more than two hours; slice the meat small enough for refrigerator air to penetrate and cool the meat.***



Holiday Cooking

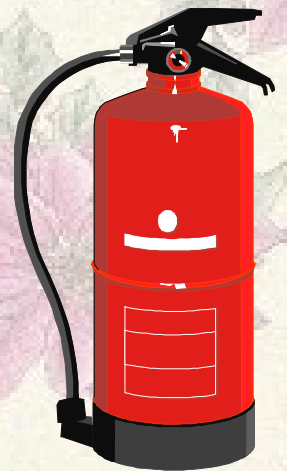
- Never leave the kitchen unattended when something is cooking on the stove. Always turn pot handles inward to prevent small children from reaching a hot pan.



- Don't store items on the stove top - they could catch fire.

Holiday Cooking

- Avoid loose-fitting clothing when cooking such as long open sleeves which can easily be ignited by hot burners.
- Be sure kitchen is well ventilated or keep a window cracked to help prevent the build-up of carbon monoxide from gas cooking appliances.
- Equip kitchen area with smoke detectors and fire extinguishers.



Holiday Cooking

- Keep kitchen appliances clean and in good condition.
- Turn off appliances after use.
- Don't overload electrical outlets.
- Check appliances for frayed or cracked wires.
- Do not use electrical appliances in or near water.



Holiday Cooking

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- Be sure kitchen is well ventilated or keep a window cracked to help prevent the build-up of carbon monoxide from gas cooking appliances.
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Food Consumption

At holiday time, it's easy to over-indulge. Here are some tips to help you keep those extra holiday pounds off.

- Limit your calorie, fat and sugar intake over the course**

of the holiday season.

- Limit your alcohol and caffeine consumption.**
- Bring food dishes and beverages to parties that give**

you and your children healthy alternatives.

- Keep up some form of exercise during the holidays.**

- Limit the number of activities you attend**



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***Stay Safe—Practice
Good
Kitchen Safety,
Cook Your Foods Well,
and Eat Moderately!***